



Dole

Living FRESH!

Hawaiian-Style
Fried Cauliflower Rice pg.16



Nutritious Meals for the Day-to-Day Events in Life



Living FRESH!

Welcome to our first edition of *Living Fresh!*, a recipe book packed with a variety of healthy, fresh, and flavorful meal solutions for any occasion. At Dole, we believe in celebrating fresh ingredients, the bounty of the seasons, and better-for-you options. Throughout this edition, you'll find inventive ways to make use of nourishing fruits and vegetables while preparing balanced meals that taste phenomenal.

Whether you have a busy schedule or are always on-the-go, we've provided you with recipes that promote fresh, feel-good flavors and are perfect for making in advance. You'll also find our recipes are made with Dole products, including our Dole Salad Kits and Dole Slawesome!® Kits, making it even easier and more convenient for you to create nutritious meals.

Whether you're a novice in the kitchen or a culinary guru, our recipes appeal to home cooks at any level. We hope this recipe book can be a guide to inspire, delight, and encourage you to enjoy the abundance of fresh seasonal fruits and vegetables while expanding your palate to new culinary adventures. From all of us at Dole, we wish you a year filled with health, happiness, and delicious fresh food!



what's the occasion?

4 Meatless Mondays

- > Mini Cauliflower Melts
- > Hearty Veggie Meatloaf
- > Frozen Banana Blast

6 Soothing & Wholesome Remedies

- > Pineapple, Basil & Hibiscus Hot Tea
- > Roasted Celery Soup
- > Creamy Orange Smoothie

8 On-The-Go!

- > Carrot Miso "Burritos"
- > Niçoise Salad Jars
- > Banana & Blue Breakfast Smoothie

10 Game Time!

- > Chipotle Spring Rolls
- > Buffalo Bites with Chicken & Pineapple
- > Oven Baked Banana Fries with Creamy Avocado Dip

12 Mother's Day Brunch

- > Papaya, Pomegranate and Quinoa Salad with Roasted Red Onion & Avocado
- > Crêpes with Smoked Salmon & Shaved Rhubarb
- > Lemon-Raspberry Clouds

15 Aloha Luau

- > Hawaiian-Style Fried Cauliflower Rice
- > Ginger-Chili Ahi Tuna Poke Skewers
- > Fresh Pineapple Upside-Down Cake

18 Pizza Night

- > Thai Spicy Shrimp Pizza with Cauliflower Crust
- > Turkey Caesar Pizza with Greens
- > Festive Dessert Pizza

20 Father's Day Cookout

- > Grilled Pastrami-Spiced Turkey Breast with Smoky BBQ Broccoli Slaw
- > Banana Ice Cream Sandwiches
- > Vegan Roasted "Not" Dog

23 Pool Party

- > Grilled Chicken Vineyard Wraps
- > Strawberry Salsa and Homemade Chips
- > Shrimp Rolls with Lime-Scented Slaw

26 Lunchbox Makeover

- > Swimmin' with the Tuna Fishes!
- > Lunchbox Sushi
- > PB&J Smoothie Remix

28 Taco Fiesta!

- > Southwest Grilled Shrimp Tacos
- > Fresh Fruit Tacos
- > Ultimate Chicken Tacos

30 Easy Weeknight Dinners

- > Chipotle Chicken Fajita Salad
- > One-Skillet Mushroom, Spinach & Kale Gnocchi
- > Garlic-Ginger Fish with Fresh Vegetables

33 Fresh Celebrations

- > Slow Cooker Sweet Potato, Plantain & Lentil Caribbean Curry
- > Pull Apart Crudit  Wreath
- > Fruit Layer "Cake" with Orange-Vanilla Aquafaba Whip



Meatless Mondays



Cauliflower, mushrooms, tomatoes, and bananas supply a bounty of beneficial nutrients including fiber, potassium, and folate. Use these substantial fruits and vegetables to create recipes that may be missing meat but sure aren't missing flavor!

Mini Cauliflower Melts

Prep: 15 minutes

Roast/Bake: 50 minutes • Serves: 6

- 1 DOLE® Cauliflower, leaves trimmed
Olive oil spray
Salt to taste
- 1 teaspoon chili powder, divided
- 1 package (10.6 ounces) DOLE® Chopped BBQ Salad Kit
- ¼ cup fresh cilantro, chopped
- 2 tablespoons poblano pepper, seeded and chopped
- 3 (3- to 4-inch) whole grain rolls
- 1 cup shredded low fat Cheddar Jack or mozzarella cheese

1. Preheat oven to 425°F. Slice cauliflower through core into ½-inch slices. Place slices on a baking pan and spray with olive oil spray. Season cauliflower with salt and ½ teaspoon chili powder. Roast until cauliflower is tender, about 35 minutes. Set aside.

2. Meanwhile, combine salad, salad dressing, half of the tortilla strips from salad kit, cilantro, and poblano pepper in a food processor container. Cover; roughly chop. Set aside.

3. Heat broiler. Split rolls and spray cut side of each half with olive oil spray. Season with salt and remaining ½ teaspoon chili powder. Brown under the broiler until crisp, about 3 minutes. Spread salad mixture over the rolls and layer cauliflower slices on top. Top each roll with remaining tortilla strips and shredded cheese.

4. Reduce oven heat to 350°F. Bake sandwiches until heated through, about 15 minutes.

Approximate nutritional values per serving: 280 Calories, 110 Calories from Fat, 12g Fat (18%) (4g Saturated/20%, 0g Trans), 15mg Cholesterol (5%), 510mg Sodium (21%), 550mg Potassium (16%), 31g Carbohydrates (10%), 6g Fiber (24%), 7g Sugars, 13g Protein, Vitamin A 60%, Vitamin C 100%, Calcium 20%, Iron 10%, Vitamin K 110%, Thiamin 15%, Riboflavin 15%, Niacin 10%, Vitamin B6 20%, Folate 30%, Pantothenic Acid 10%, Phosphorus 25%, Magnesium 15%, Zinc 10%, Selenium 20%, Copper 10%, Manganese 50%, Molybdenum 10%



Hearty Veggie Meatloaf

Prep: 20 minutes

Cook: 30 minutes • Serves: 6

- 1 cup plus 1 tablespoon whole wheat bread crumbs, divided
- 2 eggs
- ¼ cup slivered oil-packed sun-dried tomatoes
- 1 medium DOLE® Onion, diced
- 1 cup DOLE® Cauliflower, grated
- 3 cups DOLE® Mushrooms, finely chopped
- 2 garlic cloves, minced
- ¼ cup seeded and minced jalapeño pepper
- ½ cup grated Parmesan cheese
- 4 cups DOLE® Baby Spinach

1. Preheat oven 350°F. Coat 6 (½ cup) ramekins with cooking spray and lightly sprinkle with 1 tablespoon bread crumbs.

2. Beat eggs in medium bowl, stir in sun-dried tomatoes and remaining 1 cup bread crumbs until combined. Set aside.

3. Heat 3 tablespoons oil in large nonstick skillet over medium-high heat. Stir in onion and cauliflower; cook, stirring frequently for 8 to 10 minutes until vegetables are tender. Add mushrooms, garlic and jalapeño; cook until the liquid from the mushrooms has evaporated, about 10 minutes. Transfer the vegetables to a large bowl to cool.

4. Add bread crumb mixture and Parmesan cheese to the vegetables and mix well with your hands. Spoon mixture into prepared ramekins, place on baking sheet.

5. Bake 25 to 30 minutes. Let cool slightly, then run a knife around the edges of the ramekin.



6. Heat remaining 1 tablespoon oil in large nonstick skillet and add spinach. Cook until wilted and divide among serving plates. Invert each ramekin onto the spinach. Serve immediately.

Approximate nutritional values per serving: 170 Calories, 90 Calories from Fat, 10g Fat (13%) (2g Saturated/10%, 0g Trans), 50mg Cholesterol (17%), 160mg Sodium (7%), 271mg Potassium (6%), 14g Carbohydrates (5%), 2g Fiber (7%), 2g Sugars, 7g Protein, Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 10%, Vitamin D 0%

Frozen Banana Blast

Prep: 10 minutes

Freeze: 3 hours • Serves: 6

- 3 large DOLE® Bananas (very ripe speckled bananas)
- 3 tablespoons unsweetened cocoa powder
- ⅓ cup unsweetened almond milk
- 1½ teaspoons vanilla extract

1. Slice bananas into coins and freeze until firm – about 1 to 3 hours or overnight.

2. Add all ingredients to food processor or strong blender. Pulse until combined and then blend until smooth, making sure sides are scraped 1 to 2 times to ensure ingredients are well combined and without lumps, approximately 4 to 5 minutes.

3. Enjoy right away as soft serve or store in freezer safe container for a “hard” ice cream.

Approximate nutritional values per serving: 72 Calories, 7 Calories from Fat, 1g Fat (0%) (0.2g Saturated/2%, 0g Trans, 0g Polyunsaturated, 0g Monounsaturated), 0mg Cholesterol (0%), 12mg Sodium (2%), 296mg Potassium (6%), 17g Carbohydrates (6%), 3g Fiber (10%), 9g Sugars, 1g Protein, Vitamin A 0%, Vitamin C 6%, Calcium 2%, Iron 4%, Vitamin E 4%, Thiamin 2%, Vitamin B6 15%, Magnesium 8%, Manganese 15%

Soothing & Wholesome Remedies



On dreadful sick days, fruits and veggies can help nurture you back to health. Brighten your day with a vitamin C-filled smoothie, hibiscus hot tea with hints of sweet pineapple, or soothing soup with anti-inflammatory celery as its base.

Pineapple, Basil & Hibiscus Hot Tea

Prep: 10 minutes plus steeping

Cook: 20 minutes • Serves: 4

- 2 cups chopped DOLE® Tropical Gold® Pineapple
- 1 teaspoon chopped fresh ginger
- 4 bags hibiscus tea
- ½ cup packed basil leaves
- 2 tablespoons honey
- 4 lemon wedges for garnish

1. Heat pineapple, ginger and 6 cups water to a boil in a large saucepot over high heat; reduce heat to low, cover and simmer 15 minutes. Add tea bags and basil; remove from heat and let steep 5 minutes.

2. Strain tea mixture through fine-mesh strainer. Serve warm with honey and lemon wedge. Makes about 5 cups.

Approximate nutritional values per serving (1¼ cups): 47 Calories, 0 Calories from Fat, 0g Fat (0%) (0g Saturated/0%, 0g Trans, 0g Polyunsaturated, 0g Monounsaturated), 0mg Cholesterol (0%), 15mg Sodium (1%), 77mg Potassium (2%), 13g Carbohydrates (4%), 0g (0%) Fiber, 12g Sugars, 0g (0%) Protein, Vitamin A 0%, Vitamin C 8%, Calcium 2%, Iron 2%, Vitamin E 0%, Thiamin 0%, Vitamin B6 0%, Phosphorus 0%, Magnesium 2%, Manganese 0%



Roasted Celery Soup

Prep: 20 minutes

Cook: 1 hour • Serves: 6 to 8

- 8 large stalks DOLE® Premium Celery Hearts, cut crosswise into 3-inch pieces
- 2 large garlic cloves, halved
- 1 medium DOLE® Onion, cut into ¼-inch slices
- 2 tablespoons extra virgin olive oil
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper
- 5½ cups low sodium chicken broth or vegetable broth
- 1 large russet potato, peeled and cut into ½-inch pieces
- ¼ teaspoon plus a pinch celery seed, divided
- 1½ teaspoons lemon juice
- Celery leaves for garnish

1. Preheat oven to 350°F. Spray baking pan with cooking spray. Toss celery hearts, garlic and onion with olive oil and ½ teaspoon salt and pepper; arrange on baking pan. Roast 40 to 45 minutes or until vegetables are almost tender and very lightly browned.
2. Scrape celery mixture into 6-quart saucepot. Add chicken broth, potato, ¼ teaspoon celery seed and remaining ¼ teaspoon salt. Bring to a boil, reduce heat and simmer for 15 minutes or until vegetables are very tender. Let mixture cool.
3. Transfer celery mixture in batches into blender or food processor. Cover; blend until smooth. Stir in lemon juice. Season with salt and pepper to taste.
4. Divide soup between 6 to 8 mugs or bowls. Sprinkle with remaining celery seeds and garnish with fresh celery leaves, if desired.

Approximate nutritional values per serving: 120 Calories, 45 Calories from Fat, 5g Fat (8%) (1g Saturated/5%, 0g Trans), 0.5g Polyunsaturated, 3.5g Monounsaturated, 0mg Cholesterol (0%), 370mg Sodium (15%), 520mg Potassium (15%), 15g Carbohydrates (5%), 2g Fiber(8%), 2g Sugars, 5g Protein, Vitamin A 6%, Vitamin C 10%, Calcium 4%, Iron 4%, Vitamin K 30%, Vitamin B6 10%, Manganese 10%



Creamy Orange Smoothie

Prep: 10 minutes • Serves: 2

- 1 DOLE® Banana, peeled, sliced and frozen
- 1 orange, peeled
- ¾ cup plain low fat Greek yogurt
- 2 teaspoons orange zest
- 1½ teaspoons vanilla extract
- 1 teaspoon honey or agave nectar

Place banana and orange in blender. Add yogurt, orange peel, vanilla and honey. Cover; blend until smooth. Serve. Makes 2 cups.

Approximate nutritional values per serving: 120 Calories, 15 Calories from Fat, 1.5g Fat (2%) (0 Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 70mg Sodium (3%), 410mg Potassium (12%), 26g Carbohydrates (9%), 4g Fiber (16%), 16g Sugars, 2g Protein, Vitamin A 8%, Vitamin C 70%, Calcium 10%, Iron 2%, Vitamin E 20%, Vitamin B6 15%, Magnesium 8%



On-the-Go!

Fresh fruits and vegetables are an easy choice when you're on the go. If you have extra time to spare, try incorporating them into make-ahead recipes such as veggie-centric "burritos," Mason jar salads, and bold breakfast smoothies!

Carrot Miso "Burritos"

Prep: 30 minutes • Serves: 6

- 2 cups coarsely chopped DOLE® Carrots
- ⅓ cup plus 1 tablespoon rice vinegar, divided
- 4 scallions, thinly sliced
- 2 tablespoons grated fresh ginger
- 2 tablespoons yellow or white miso
- 2 teaspoons honey
- Salt to taste
- 2 tablespoons olive oil
- 2 tablespoons chopped cilantro
- 1 package (12 ounces) DOLE® Very Veggie Salad
- 12 large Swiss chard or collard green leaves, washed, center rib and stems trimmed away
- 2 cups canned white beans, drained
- 24 medium cooked shrimp, optional
- 2 medium beets, peeled and thinly sliced

1. Combine carrots, ⅓ cup rice vinegar, scallions, ginger, miso, honey and salt in a blender or food processor. Cover, blend until smooth. Set aside.

2. Whisk remaining 1 tablespoon rice vinegar, olive oil and cilantro in a small bowl; season with salt to taste. Toss salad blend with the dressing and set aside.

3. Stack two leaves on top of each other. Spread 2 tablespoons of the miso-ginger carrot mixture on each set of leaves. Top with ⅓ cup of white beans, shrimp (if desired), sliced beets and ½ cup dressed salad blend.

Approximate nutritional values per serving: 240 Calories, 50 Calories from Fat, 6g Fat (9%) (1g Saturated/5%, 0g Trans, 1g Polyunsaturated, 3.5g Monounsaturated), 40mg Cholesterol (13%), 520mg Sodium (22%), 36g Carbohydrates (12%), 9g Fiber (36%), 13g Sugars, 15g Protein, Vitamin A 330%, Vitamin C 70%, Calcium 15%, Iron 30%, Vitamin K 1070%, Vitamin B6 15%, Folate 35%, Manganese 50%



Tip: Niçoise Salad Jars can be made ahead of time and stored in the refrigerator until you are ready to go. You can substitute canned salmon, canned tuna or cooked chicken for the fresh salmon.

Niçoise Salad Jars

Prep: 25 minutes • Serves: 4

- 3 cups green beans, trimmed and cut in half crosswise
- 2 teaspoons olive oil, divided
- 1½ teaspoons orange zest, divided
- ¾ pound (3 cups) tiny potatoes
- 1 package DOLE® Chopped Sunflower Crunch Kit
- 2 tablespoons orange juice
- 1 teaspoon minced fresh thyme leaves
- 2 cups cooked salmon, skinned and flaked

1. Cook green beans in boiling water, 4 to 5 minutes or until tender. Drain and chill in cold water. Toss with 1 teaspoon olive oil, half the orange peel and salt to taste. Set aside.
2. Cook potatoes in boiling water, 8 minutes or until tender. Drain. When cool enough to handle, cut potatoes into quarters. Toss with bacon from salad kit, orange juice, and remaining ¾ teaspoon orange peel, remaining 1 teaspoon olive oil, thyme and salt.
3. Divide salad blend and sunflower seeds from salad kit between four 16-ounce mason jars. Layer each jar with ½ cup of salmon, ½ cup green beans and ½ cup potatoes. Seal the jars. When ready to serve, divide the Sweet Onion & Citrus dressing from salad kit among the four jars and shake to mix.

Approximate nutritional values per serving: 410 Calories, 100 Calories from Fat, 11g Fat (17%) (1.5g Saturated/8%, 0g Trans), 50mg Cholesterol (17%), 110mg Sodium (5%), 37g Carbohydrates (11%), 7g Fiber (28%), 9g Sugars, 24g Protein, Vitamin A 130%, Vitamin C 220%, Calcium 15%, Iron 20%, Vitamin D 80%, Vitamin E 10%, Vitamin K 150%, Thiamin 35%, Riboflavin 40%, Niacin 70%, Vitamin B6 70%, Folate 30%, Vitamin B12 60%, Pantothenic Acid 30%, Phosphorus 40%, Magnesium 25%, Zinc 10%, Selenium 80%, Copper 30%, Manganese 25%, Molybdenum 15%



Banana & Blue Breakfast Smoothie

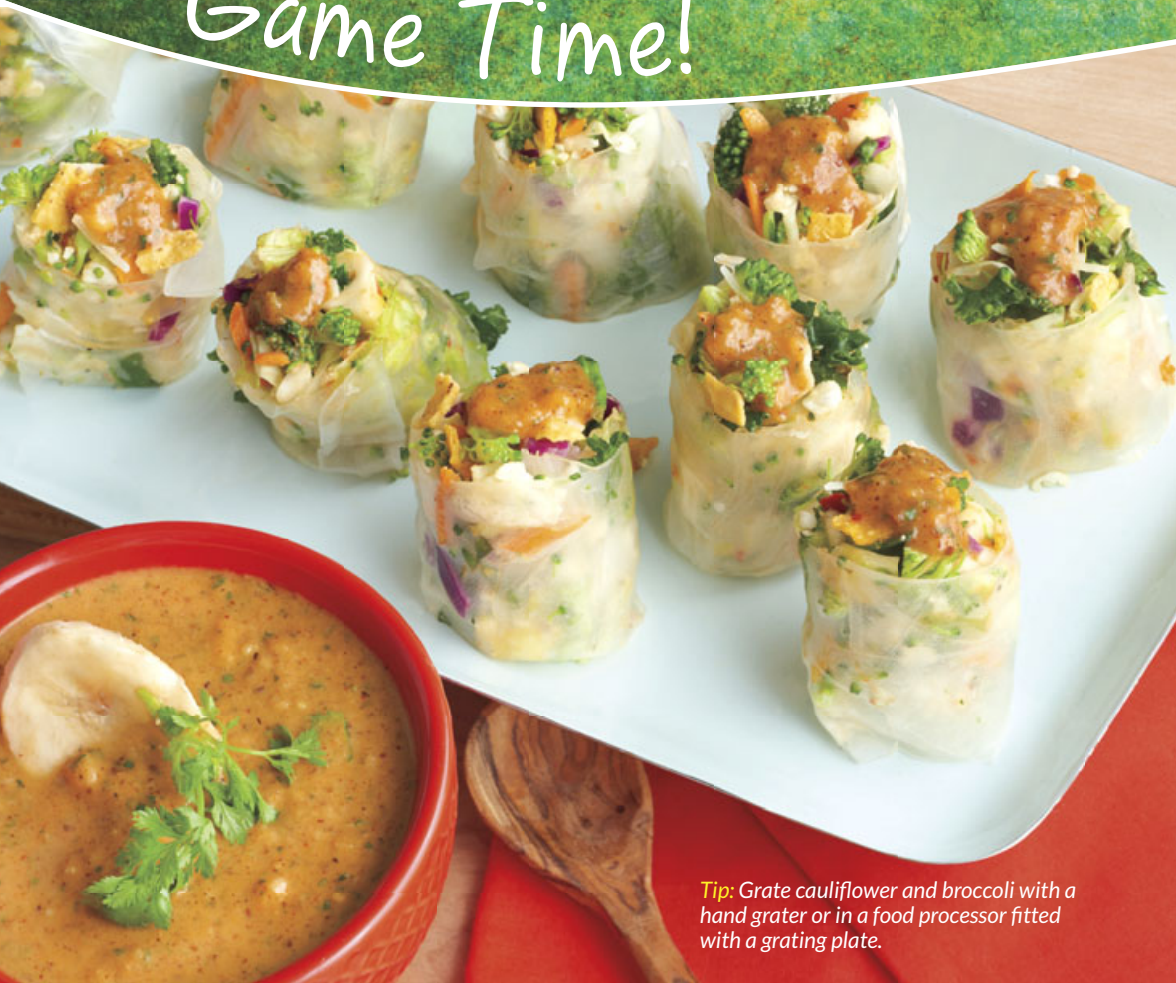
Prep: 10 minutes • Serves: 2

- ½ cup old-fashioned rolled oats
- 1 DOLE® Banana
- 1 cup DOLE® Blueberries
- 1 cup unsweetened almond milk
- 1 teaspoon honey
- ½ teaspoon ground cinnamon

1. Add oats to blender. Cover; blend until a powder consistency.
2. Add banana and blueberries, blend until smooth. Pour in almond milk, honey and cinnamon. Continue blending until smooth. Serve. Makes 2 cups.

Approximate nutritional values per serving: 200 Calories, 30 Calories from Fat, 3g Fat (5%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 95mg Sodium (4%), 370mg Potassium (11%), 41g Carbohydrates (14%), 6g Fiber (24%), 18g Sugars, 5g Protein, Vitamin A 6%, Vitamin C 20%, Calcium 15%, Iron 8%, Vitamin D 15%, Vitamin E 30%, Manganese 20%

Game Time!



Tip: Grate cauliflower and broccoli with a hand grater or in a food processor fitted with a grating plate.

Score big on game day with a feel-good, finger food feast that's sure to satisfy any hungry crowd. These recipes packed with fruits and veggies create a wholesome, winning spread.

Chipotle Spring Rolls

Prep: 30 minutes • Makes: 8 rolls (24 bites)

- 1 package DOLE® Chopped Chipotle & Cheddar Salad Kit
- 1 cup grated DOLE® Cauliflower
- 1 cup grated DOLE® Broccoli (including florets and stems)
Salt to taste
- 8 (about 8½ inches) rice paper or spring roll wrappers
Banana-Almond Sauce (see following recipe)
- 2 tablespoons cilantro leaves

1. Toss together all ingredients in salad kit with cauliflower and broccoli. Season with salt, to taste. Set aside.

2. Fill shallow dish with warm water. Soak one rice wrapper at a time for 10 seconds. Place it flat on the

counter and top with 1 cup of salad. Fold the sides over the greens and begin rolling the wrapper from bottom edge, away from you into a log-shaped spring roll. Repeat with remaining salad and wrappers. Wrap in plastic wrap until ready to serve.

3. Serve spring rolls with Banana-Almond Sauce and cilantro leaves.

Banana-Almond Sauce: Place 1 small DOLE® Banana, 1½ tablespoons almond butter, 3 tablespoons cilantro leaves, 2 tablespoons lime juice, 1 tablespoon chopped pickled jalapeño (optional), ½ to 1 teaspoon chipotle chili powder and salt to taste in blender or food processor. Cover; blend until smooth. Add water, 1 tablespoon at a time until desired consistency.

Approximate nutritional values per serving: 120 Calories, 50 Calories from Fat, 5g Fat (8%) (1g Saturated/5%, 0g Trans), 5mg Cholesterol (2%), 160mg Sodium (7%), 17g Carbohydrates (6%), 2g Fiber (8%), 4g Sugars, 4g Protein, Vitamin A 40%, Vitamin C 50%, Calcium 6%, Iron 4%, Vitamin K 80%, Folate 10%



Buffalo Bites with Chicken & Pineapple

Prep: 15 minutes
Roast: 15 minutes • Serves: 16

- 1 pound boneless, skinless chicken thighs
 - 1 cup diced, fresh DOLE® Tropical Gold® Pineapple
 - 3 tablespoons buttery spread
 - 2 tablespoons hot sauce
 - 2 teaspoons white wine vinegar
 - 2 stalks DOLE® Premium Celery Hearts, thinly sliced
 - 16 medium leaves DOLE® Romaine Lettuce
 - 2 DOLE® Green Onions, thinly sliced
 - 2 ounces crumbled blue cheese
DOLE® Celery and DOLE® Carrot Sticks, for garnish
1. Preheat oven to 425°F. Cut chicken thighs into 1 to 1½-inch pieces. Arrange chicken and pineapple in single layer on rimmed baking sheet. Roast 15 minutes, remove chicken pieces and continue roasting pineapple for another 4 to 5 minutes or until caramelized.
 2. Meanwhile, melt buttery spread in medium saucepan. Add hot sauce and white wine vinegar, whisking to blend.
 3. Stir chicken and celery hearts into hot sauce mixture. Arrange lettuce leaves on serving platter and fill each one with several pieces of chicken, celery hearts, pineapple and green onions. Evenly sprinkle blue cheese over the leaves. Arrange celery and carrot sticks in the center of the platter and serve.

Approximate nutritional values per serving: 65 Calories, 33 Calories from Fat, 4g Fat (4%) (1g Saturated/6%, 0g Trans, 1g Polyunsaturated, 1g Monounsaturated), 29mg Cholesterol (10%), 145mg Sodium (6%), 124mg Potassium (2%), 2g Carbohydrates (0%), 1g Fiber (2%), 1g Sugars, 6g Protein, Vitamin A 10%, Vitamin C 6%, Calcium 2%, Iron 2%, Vitamin E 4%, Thiamin 4%, Vitamin B6 8%, Phosphorus 6%, Magnesium 2%, Manganese 6%



Oven Baked Banana Fries with Creamy Avocado Dip

Prep: 10 minutes
Bake: 35 minutes • Serves: 6

- Olive oil cooking spray
 - 4 firm DOLE® Bananas
 - Salt to taste, divided
 - Chili powder, to taste
 - Ground cumin, to taste
 - 1 ripe avocado, peeled and pitted
 - 1 clove garlic, peeled and minced
 - Juice from ½ lime
1. Preheat oven to 375°F. Line a baking pan with parchment paper and spray with olive oil spray.
 2. Peel bananas and cut in half crosswise. Cut each piece in half lengthwise. Set banana, cut side down and slice into wedges of desired thickness. Arrange wedges on the baking sheet.
 3. Spray wedges with olive oil spray and season with salt, chili powder and cumin. Bake 20 minutes. Use a spatula to flip wedges. Continue baking 15 to 20 minutes.
 4. Meanwhile, combine avocado, garlic, salt and lime juice in food processor. Cover; blend until smooth. Serve with warm banana fries.

Approximate nutritional values per serving: 110 Calories, 35 Calories from Fat, 4g Fat (6%) (0.5g Saturated/3%, 0g Trans, 2g Monounsaturated Fat), 0mg Cholesterol (0%), 0mg Sodium (0%), 410mg Potassium (12%), 21g Carbohydrates (7%), 4g Fiber (16%), 10g Sugars, 1g Protein, Vitamin A 2%, Vitamin C 20%, Calcium 0%, Iron 2%, Vitamin B6 20%, Folate 10%, Manganese 15%



Mother's Day Brunch



Papaya, Pomegranate and Quinoa Salad with Roasted Red Onion & Avocado

Prep: 20 minutes

Roast: 10 minutes • Serves: 6

- $\frac{3}{4}$ cup red quinoa
- 1 small DOLE® Red Onion, thinly sliced
- 1 tablespoon olive oil
- 1 package (13.1 ounces) DOLE® Chopped Pomegranate Salad Kit
- 1 large avocado, peeled, pitted and chopped
- 1 cup chopped DOLE® Tropical Gold® Pineapple
- 1 cup chopped fresh papaya
- $\frac{1}{3}$ cup crumbled fat-free feta cheese
- $\frac{1}{4}$ cup pomegranate seeds

1. Preheat oven to 450°F. Prepare quinoa as label directs; cool.
2. Toss onion and oil in a medium bowl; spread in single layer on rimmed baking pan. Roast 10 minutes or until lightly charred; cool.
3. Prepare salad kit as package directs in a large bowl; fold in avocado, pineapple, papaya, cheese, quinoa and roasted onion. Makes about 8 cups.
4. Serve salad garnished with pomegranate seeds.

Approximate nutritional values per serving (1 $\frac{1}{3}$ cups salad, 2 teaspoons pomegranate seeds): 289 Calories, 128 Calories from Fat, 14g Fat (18%) (2g Saturated/8%, 0g Trans, 1g Polyunsaturated, 5g Monounsaturated), 2mg Cholesterol (0%), 327mg Sodium (14%), 270mg Potassium (6%), 37g Carbohydrates (13%), 7g Fiber (27%), 15g Sugars, 9g Protein (17%), Vitamin A 40%, Vitamin C 70%, Calcium 10%, Iron 4%, Vitamin E 8%, Thiamin 4%, Vitamin B6 8%, Phosphorus 2%, Magnesium 4%, Manganese 15%

Show your appreciation for everything mom does all year long with a mouthwatering Mother's Day brunch. Surprise her with a fresh, fruit-filled salad, savory smoked salmon crêpes, and finish off the meal with elegant Lemon-Raspberry Clouds for dessert!



Tips: Rhubarb out of season? Swap the rhubarb for thinly sliced pear.

Julienne is another name for cutting vegetables into matchstick shape. Trim a vegetable or fruit to ¼-inch slices in rectangles that are sized about 2x3 inches. Then thinly slice the rectangle into ¼-inch strips.

Crêpes with Smoked Salmon & Shaved Rhubarb

Prep: 20 minutes • Serves: 6

- ¼ cup fat-free ricotta
- ¼ cup chopped fresh chives
- 2 teaspoons lemon zest
- Pinch each salt and ground pepper
- 1 teaspoon olive oil
- 6 (8-inch) packaged crêpes
- 1 apple, peeled and julienned
- 12 slices smoked salmon
- 1 package (5 ounces) DOLE® Organic Spring Mix
- Spiced shaved rhubarb, optional (recipe follows)

1. Stir together ricotta, chives, lemon zest, salt and pepper. Stir in olive oil. Cover; refrigerate until ready to use.

2. Place crêpes on a flat surface. Spoon 3 tablespoons ricotta mixture into the center of each crêpe. Top each with apple, 2 slices smoked salmon and ½ cup salad blend.

3. Roll crêpes around the greens and top with spiced shaved rhubarb slices, if desired, and serve.

Spiced shaved rhubarb: Combine ¼ cup rice vinegar, 3 tablespoons agave nectar and 4 whole cloves in small saucepan, heat to boiling. Pour liquid over 1 thinly sliced stalk fresh rhubarb. Let it steep at least 10 minutes or until ready to use. Drain.

Approximate nutritional values per serving: 160 Calories, 30 Calories from Fat, 3.5g Fat (5%) (0.5g Saturated/2%, 0g Trans), 15mg Cholesterol (5%), 772mg Sodium (32%), 18g Carbohydrates (6%), 1g Fiber (4%), 15g Sugars, 16g Protein, Vitamin A 35%, Vitamin C 20%, Calcium 15%, Iron 8%

Lemon-Raspberry Clouds

Prep: 10 minutes • Serves: 4

- 2 cups low fat Greek yogurt
- 1½ tablespoons maple syrup
- Zest of 1 small lemon
- 1 vanilla bean, seeds scraped or 1 teaspoon vanilla extract
- 2 cups DOLE® Raspberries

1. In medium bowl, whip yogurt, syrup, zest and vanilla.

2. Spoon ¼ cup Lemon Clouds mixture into each of four tall glasses, layer with ¼ cup raspberries, repeat layering of Lemon Cloud mixture and raspberries until all used. Serve.



Approximate nutritional values per serving: 145 Calories, 26 Calories from Fat, 3g Fat (4%) (2g Saturated/8%, 0g Trans), 0g Polyunsaturated, 0g Monounsaturated), 18mg Cholesterol (6%), 72mg Sodium (4%), 113mg Potassium (2%), 19g Carbohydrates (6%), 4g Fiber (15%), 10g Sugars, 12g Protein, Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 0%

Aloha Luau



Luscious ingredients of the tropics such as pineapples and bananas help reduce inflammation, improve mood, and protect your heart. Receive these health benefits and get a fresh taste of tropical flavors any time of year with these luau-worthy recipes.

Hawaiian-Style Fried Cauliflower Rice

Prep: 25 minutes

Cook: 15 minutes • Serves: 6

- 1 large head DOLE® Cauliflower, coarsely chopped
- 1 tablespoon canola oil
- 2 garlic cloves, minced
- 1 medium DOLE® Carrot, chopped
- 1 small DOLE® White Onion, chopped
- ½ teaspoon grated fresh ginger
- 1 medium red bell pepper, chopped
- 2 cups DOLE® Angel Hair Coleslaw
- ¼ cup coconut aminos
- ½ cup chopped DOLE® Tropical Gold® Pineapple
- 2 DOLE® Green Onions, thinly sliced
- ¼ cup dry roasted macadamia nuts with sea salt, chopped

1. Pulse cauliflower, in 2 batches, in a food processor 10 times or to rice-like consistency. Makes about 6 cups.

2. Heat oil in a large skillet over medium heat; add garlic, carrot, onion and ginger; cook 5 minutes or until onion is tender, stirring occasionally. Stir in pepper, coleslaw, coconut aminos and cauliflower; cook 8 minutes or until cauliflower is tender, stirring occasionally. Makes about 7½ cups.

3. Serve rice topped with pineapple sprinkled with green onions and macadamia nuts.

Approximate nutritional values per serving (1¼ cups):

129 Calories, 63 Calories from Fat, 7g Fat (8%) (1g Saturated/4%, 0g Trans, 1g Polyunsaturated, 2g Monounsaturated), 0mg Cholesterol (0%), 226mg Sodium (10%), 301mg Potassium (6%), 15g Carbohydrates (6%), 4g Fiber (15%), 9g Sugars, 4g Protein (7%), Vitamin A 10%, Vitamin C 110%, Calcium 4%, Iron 6%, Vitamin E 6%, Thiamin 8%, Vitamin B6 20%, Phosphorus 4%, Magnesium 4%, Manganese 15%



Ginger-Chili Ahi Tuna Poke Skewers

Prep: 20 minutes plus marinating • Serves: 8

- 1 small English cucumber, halved lengthwise and cut into 32 half moons
- 1¼ pounds sushi-grade Ahi tuna, cut into 16 cubes
- ½ medium DOLE® Tropical Gold® Pineapple, skin and core removed, cut into 16 chunks
- 1 large avocado, peeled, pitted and cut into 16 pieces
- 16 (4-inch) bamboo skewers
- 2 tablespoons sesame oil
- 1 tablespoon less-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons sambal oelek or Asian ground chili paste
- ½ teaspoon honey
- ½ teaspoon grated fresh ginger
- 4 DOLE® Green Onions, thinly sliced
- Black and white sesame seeds for garnish (optional)

1. Thread 1 piece cucumber, tuna, pineapple, avocado and another cucumber onto each skewer; place in shallow baking dish.
2. Whisk oil, soy sauce, vinegar, sambal oelek, honey and ginger in a small bowl; drizzle over tuna skewers. Cover and refrigerate 30 minutes, turning once.
3. Serve skewers sprinkled with onions garnished with sesame seeds, if desired.

Approximate nutritional values per serving (2 skewers): 176 Calories, 58 Calories from Fat, 7g Fat (9%) (1g Saturated/5%, 0g Trans, 2g Polyunsaturated, 3g Monounsaturated), 28mg Cholesterol (9%), 106mg Sodium (5%), 545mg Potassium (12%), 12g Carbohydrates (4%), 2g Fiber (9%), 7g Sugars, 18g Protein (36%), Vitamin A 2%, Vitamin C 34%, Calcium 2%, Iron 6%, Vitamin E 4%, Thiamin 15%, Vitamin B6 50%, Phosphorus 20%, Magnesium 10%, Manganese 25%





Fresh Pineapple Upside-Down Cake

Prep: 20 minutes plus cooling

Bake: 45 minutes • Serves: 12

- ¾ cup unsweetened almond milk
- 2 teaspoons apple cider vinegar
- ½ cup plus 3 tablespoons packed light brown sugar, divided
- 4 slices DOLE® Tropical Gold® Pineapple, ¼-inch thick
- 1 cup unbleached all-purpose flour
- ½ cup whole wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 2 cup buttery spread
- 1 ripe DOLE® Banana
- 2 egg whites
- 2 teaspoons pure vanilla extract
- DOLE® Berries, such as raspberries or blackberries

1. Preheat oven to 350°F. Combine almond milk and cider vinegar; set aside for 5 minutes.
2. Line bottom of 9-inch round cake pan with parchment paper. Spray parchment with cooking spray. Sprinkle parchment with 3 tablespoons brown sugar and arrange pineapple slices on top. Set aside.
3. Combine flours, baking powder, baking soda, cinnamon and salt together; set aside.
4. Cream buttery spread with remaining brown sugar until smooth. Add the banana and continue creaming until smooth. Add the egg whites and vanilla extract. Alternate adding flour mixture and

almond milk mixture, scraping the mixing bowl as needed. Transfer the batter to the cake pan, spreading it evenly.

5. Bake 45 minutes or until toothpick inserted in the center comes out clean. Remove from the oven and cool for 20 minutes before flipping cake out onto a serving plate. Pull off the parchment paper. Place several berries into the center of each pineapple. Cool completely before serving.

Approximate nutritional values per serving:
 170 Calories, 50 Calories from Fat, 5g Fat (8%) (1.5g Saturated/8%, 0g Trans, 1.5g Polyunsaturated, 1.5g Monounsaturated), 0mg Cholesterol (0%), 270mg Sodium (11%), 140mg Potassium (4%), 29g Carbohydrates (10%), 2g Fiber (8%), 15g Sugars, 3g Protein, Vitamin A 2%, Vitamin C 30%, Calcium 8%, Iron 4%, Vitamin E 8%, Phosphorus 10%, Selenium 10%, Manganese 25%



Pizza Night

Tip: Use remaining salad kit along with cooked shrimp or rotisserie chicken to make tacos or a Banh Mi-style sandwich.

Give pizza night a refreshing twist with an array of flavorful fruit and vegetable toppings. Enjoy your pizza Caesar salad-style, make it sweet with a creamy dessert spread, or try a trendy cauliflower crust garnished with global-inspired flavors.

Thai Spicy Shrimp Pizza with Cauliflower Crust

Prep: 20 minutes

Bake: 35 minutes • Serves: 4

- 1 small head DOLE® Cauliflower, coarsely chopped
- 4 large eggs
- 1¼ cups almond flour
- 2 tablespoons salt-free garlic herb seasoning
- ¼ teaspoon salt
- ¼ pound cooked 51-60 count tail-off peeled and deveined shrimp, thawed if necessary
- 1½ teaspoons Thai red curry paste
- ½ cup chopped DOLE® Tropical Gold® Pineapple
- ¼ cup thinly sliced DOLE® Red Onion
- ½ package (11.1 ounces) DOLE® Slawesome!® Mango Sriracha Kit
- ¼ cup chopped cucumber
- 2 tablespoons chopped roasted unsalted peanuts

1. Pulse cauliflower, in 2 batches, in a food processor 10 times or to rice-like consistency. Makes about 3 cups.

2. Whisk eggs in a large bowl; stir in flour, seasoning, salt and cauliflower until well combined.
3. Preheat oven to 400°F. Line rimmed baking pan with parchment paper. With hands, shape cauliflower mixture into 12-inch circle (about ½-inch thick) on prepared pan. Bake crust 25 minutes or until edges start to brown.
4. Toss shrimp and curry paste in a small bowl; top crust with shrimp mixture, pineapple and onion. Bake 10 minutes or until crust is golden brown.
5. Prepare ½ of the Slawesome!® kit as package directs in a medium bowl (reserve remaining kit ingredients for another use). Top pizza with slaw, cucumber and peanuts; cut into 8 pieces.

Approximate nutritional values per serving (2 pieces): 431 Calories, 276 Calories from Fat, 31g Fat (39%) (4g Saturated/19%, 0g Trans, 1g Polyunsaturated, 3g Monounsaturated), 245mg Cholesterol (82%), 488mg Sodium (21%), 412mg Potassium (9%), 20g Carbohydrates (7%), 7g Fiber (24%), 8g Sugars, 25g Protein (51%), Vitamin A 10%, Vitamin C 50%, Calcium 10%, Iron 20%, Vitamin E 80%, Thiamin 8%, Vitamin B6 15%, Phosphorus 10%, Magnesium 35%, Manganese 20%



Turkey Caesar Pizza with Greens

Prep: 15 minutes

Bake: 20 minutes • Serves: 6

- 1 pound refrigerated whole wheat pizza dough
- 4 large cloves garlic, minced
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded low fat mozzarella cheese
- ¾ cup grated Parmesan or Asiago cheese
- 3 cups cooked leftover skinless turkey meat, shredded
- ½ cup sun-dried tomatoes, roughly chopped
- ½ cup DOLE® Red Onion, diced
- 1 package (11 ounces) DOLE® Ultimate Caesar Kit

1. Preheat oven to 450°F.
2. Roll out dough on a lightly floured sheet pan. Bake for 8 to 10 minutes or until puffed and crisp. Remove from oven.
3. Combine garlic, oil, pepper, mozzarella, Parmesan, turkey, sun-dried tomatoes, and red onion in a large bowl. Mix well. Spoon mixture on top of dough.
4. Return pizza to oven and bake for 8 to 10 minutes or until golden brown. Remove from oven.
5. Prepare salad kit according to package directions. Top pizza with salad. Serve immediately.

Approximate nutritional values per serving: 470 Calories, 150 Calories from Fat, 17g Fat (26%) (6g Saturated/30%, 0g Trans), 75mg Cholesterol (25%), 810mg Sodium (34%), 44g Carbohydrates (15%), 8g Fiber (32%), 6g Sugars, 36g Protein, Vitamin A 60%, Vitamin C 8%, Calcium 25%, Iron 20%, Vitamin K 45%, Riboflavin 15%, Niacin 45%, Vitamin B6 35%, Folate 15%, Vitamin B12 10%, Magnesium 10%



Festive Dessert Pizza

Prep: 15 minutes • Serves: 4

- ½ cup dark chocolate chips, 70% cocoa
- 1 8-inch round whole wheat flatbread
- 1 cup DOLE® Strawberries, hulled and sliced
- 1 cup DOLE® Raspberries
- 1 cup DOLE® Tropical Gold® Pineapple, peeled and diced
- 1 tablespoon sliced almonds, toasted (optional)

1. Place chocolate chips in small bowl and set over a small pan of simmering water (do not let bottom of bowl touch water). Heat, stirring often, until the chocolate has melted.
2. Pour melted chocolate over flatbread and spread evenly with an offset spatula or butter knife.
3. Scatter berries and pineapple over the chocolate-covered flatbread while chocolate is still warm.
4. Sprinkle almonds over fruit if desired. Cut the pizza into four equal portions and serve while chocolate is still warm.

Approximate nutritional values per serving: 210 Calories, 90 Calories from Fat, 10g Fat (15%) (5g Saturated/25%, 0g Trans), 0mg Cholesterol (0%), 80mg Sodium (3%), 320mg Potassium (9%), 29g Carbohydrates (10%), 7g Fiber (28%), 13g Sugars, 4g Protein, Vitamin A 0%, Vitamin C 90%, Calcium 4%, Iron 20%, Manganese 70%



Father's Day Cookout

Grilled Pastrami-Spiced Turkey Breast with Smoky BBQ Broccoli Slaw

Prep: 15 minutes plus standing

Grill: 1 hour • Serves: 8

- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground fennel seeds
- 1 teaspoon ground mustard seeds
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 boneless, skinless turkey breast (about 3 pounds)
- 1 cup hickory smoke barbeque sauce
- 3 tablespoons apple cider vinegar
- 1 package (14 ounces) DOLE® Classic Coleslaw
- 3 cups chopped DOLE® Broccoli

1. Whisk oil, garlic powder, coriander, fennel seeds, mustard seeds, salt and pepper in a small bowl. Place turkey on rimmed baking pan; brush with oil-spice mixture and let stand at room temperature 30 minutes.

2. Prepare outdoor grill for indirect grilling over medium heat. Place pan with turkey on hot grill rack over unlit part of grill; cover and cook 1 hour or until internal temperature reaches 165°F, turning once. Transfer turkey to cutting board; tent with aluminum foil and let stand 15 minutes.

3. Whisk barbeque sauce and vinegar in a large bowl. Add coleslaw and broccoli to barbeque sauce mixture; toss until combined. Makes about 8 cups.

4. Slice turkey and serve with slaw.

Approximate nutritional values per serving (5 ounces turkey, 1 cup slaw): 326 Calories, 58 Calories from Fat, 7g Fat (8% (1g Saturated/6%, 0g Trans, 1g Polyunsaturated, 3g Monounsaturated), 108mg Cholesterol (36%), 796mg Sodium (35%), 451mg Potassium (10%), 23g Carbohydrates (8%), 1g Fiber (4%), 16g Sugars, 42g Protein (85%), Vitamin A 6%, Vitamin C 50%, Calcium 4%, Iron 10%, Vitamin E 6%, Thiamin 6%, Vitamin B6 70%, Phosphorus 25%, Magnesium 10%, Manganese 6%

Tip: Use your favorite barbeque sauce in this recipe.



Celebrate dad on his special day with a spread of fun and fresh creations. Try preparing vegan hot dogs with his favorite toppings, grilled pastrami-style turkey with smoky slaw and veggies, and conclude the meal with healthy and fruity ice cream sandwiches.



Banana Ice Cream Sandwiches

Prep: 20 minutes • Serves: 8

- 4 DOLE® Bananas, peeled and frozen
- 16 graham crackers, prepared or homemade (see recipe below)
- 2 cups fresh DOLE® Blueberries or chopped fresh DOLE® Strawberries

1. Press frozen bananas through Yonanas® machine into cup. If you don't have a Yonanas machine, peel, slice and freeze bananas for 2 hours. Place frozen banana slices in food processor or blender. Cover; blend until bananas become a creamy smooth custard.

2. Spoon 2 to 3 tablespoons of frozen banana custard onto 8 graham crackers. Press berries into frozen banana custard around all sides, top with remaining crackers. Freeze 5 minutes and store in airtight container until ready to serve.

Graham Crackers: Preheat oven to 350°F. In large bowl, combine $\frac{3}{4}$ cup plus 2 tablespoons whole wheat flour, $\frac{1}{2}$ cup all-purpose flour, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{8}$ teaspoon baking soda and $\frac{1}{4}$ teaspoon salt. Rub 3 tablespoons non-hydrogenated butter substitute into flour mixture until a coarse mixture forms. Stir in $3\frac{1}{2}$ tablespoons honey, 3 tablespoons plain yogurt and $\frac{1}{4}$ teaspoon vanilla extract until it forms dough. On lightly whole wheat floured surface, roll dough into 12x6-inch rectangle, about $\frac{1}{8}$ -inch thick, place on baking sheet. Bake 15 minutes or until lightly crisp. Cut into sixteen ($1\frac{1}{2} \times 3$ -inch) squares while warm.

Approximate nutritional values per serving: 250 Calories, 100 Calories from Fat, 11g Fat (17%) (1g Saturated/5%, 0g Trans, 3g Polyunsaturated, 7g Monounsaturated), 0mg Cholesterol (0%), 120mg Sodium (5%), 300mg Potassium (9%), 38g Carbohydrates (13%), 4g Fiber (16%), 17g Sugars, 4g Protein, Vitamin A 2%, Vitamin C 20%, Calcium 4%, Iron 4%, Vitamin B6 15%, Phosphorus 10%, Magnesium 10%, Manganese 45%

Vegan Roasted "Hot" Dog

Prep: 20 minutes

Bake: 1 hour • Serves: 8

- 2 tablespoons no added sugar ketchup
- 2 tablespoons olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon apple cider vinegar
- 1 teaspoon low sodium soy sauce
- 1 teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 16 medium DOLE® Carrots, peeled
- 8 whole grain hot dog buns
- 1 package (8.6 ounces) DOLE® Sweet Apple Slawesome!® Kit

1. Preheat oven to 350°F. Line rimmed baking sheet with parchment paper.

2. Whisk together ketchup, olive oil, mustard, vinegar, soy sauce, paprika and pepper in a small bowl.

3. Place carrots onto prepared baking sheet and brush with half ketchup mixture.

4. Bake 50 to 60 minutes or until carrots are fork tender, rotating carrots and brushing with the remaining marinade halfway through the roasting process.

5. Serve carrots in hot dog buns; top with Dole Sweet Apple Slawesome!® Kit or your favorite Slawesome!® Kit.

Approximate nutritional values per serving: 240 Calories, 80 Calories from Fat, 9g Fat (12%) (1.5g Saturated/8%, 0g Trans), 0mg Cholesterol (0%), 430mg Sodium (19%), 520mg Potassium (10%), 35g Carbohydrates (13%), 4g Fiber (14%), 12g Sugars, 6g Protein, Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 10%, Vitamin D 0%

Pool Party



Days spent at the pool call for refreshing, substantial fare packed with revitalizing fruits and veggies. Feel satiated while soaking up the sun with berry-infused chicken wraps, mouthwatering strawberry salsa, and flavor-packed shrimp rolls.

Grilled Chicken Vineyard Wraps

Prep: 15 minutes plus cooling

Grill: 8 minutes • Serves: 4

- 1 pound thin-cut boneless, skinless chicken breasts
- 2 teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 stalks DOLE® Celery, chopped
- 1 small DOLE® Red Onion, thinly sliced
- 4 cups chopped DOLE® Spinach
- ½ cup DOLE® Blueberries
- ¼ cup chopped pecans
- ¼ cup fat-free raspberry vinaigrette
- 4 multi-grain with flax flatbread (Note: we used the Flatout brand)

1. Prepare outdoor grill for direct grilling over medium heat. Coat chicken with oil; sprinkle

with salt and pepper. Place chicken on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 165°F, turning once. Transfer chicken to cutting board; cool and cut into ½-inch strips.

2. Toss celery, onion, spinach, blueberries, pecans, vinaigrette and chicken in a large bowl. Makes about 8 cups.

3. Place wraps on work surface; divide chicken mixture onto bottom of wraps. Roll up wraps with filling from bottom and secure with toothpicks; cut diagonally in half.

Approximate nutritional values per serving (1 wrap): 310 Calories, 95 Calories from Fat, 11g Fat (14%) (1g Saturated/4%, 0g Trans, 2g Polyunsaturated, 4g Monounsaturated), 52mg Cholesterol (17%), 739mg Sodium (32%), 315mg Potassium (6%), 26g Carbohydrates (10%), 11g Fiber (38%), 8g Sugars, 32g Protein, Vitamin A 15%, Vitamin C 15%, Calcium 4%, Iron 10%, Vitamin E 8%, Thiamin 8%, Vitamin B6 8%, Phosphorus 4%, Magnesium 10%, Manganese 30%



Strawberry Salsa and Homemade Chips

Prep: 10 minutes

Bake: 15 minutes • Serves: 2

- 1 cup DOLE® Strawberries, coarsely chopped
 - 1 cup cherry tomatoes, quartered
 - 1 jalapeño pepper, seeded and diced
 - ½ cup DOLE® Sweet Onion, finely chopped
 - 2 tablespoons fresh cilantro, minced
 - 1 lime, juiced
- Salt and pepper to taste
Homemade Tortilla Chips (recipe below)

Stir together strawberries, cherry tomatoes, jalapeño, onion, cilantro and lime juice in medium bowl. Cover; chill 30 minutes or longer to develop flavors. Season with salt and pepper to taste, if desired. Serve with homemade tortilla chips.

Homemade Tortilla Chips: Spray baking sheet and both sides of 6 corn tortillas with cooking spray. Cut tortillas into wedges and sprinkle lightly with salt. Place wedges in single layer on baking sheet. Bake at 350°F for 12 to 15 minutes or until crisp and lightly browned.

Approximate nutritional values per serving: 60 Calories, 5 Calories from Fat, 0g Fat (0%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 5mg Sodium (0%), 15g Carbohydrates (5%), 3g Fiber (12%), 8g Sugars, 2g Protein, Vitamin A 15%, Vitamin C 120%, Calcium 4%, Iron 4%, Manganese 20%



Shrimp Rolls with Lime-Scented Slaw

Prep: 15 minutes

Cook: 6 minutes • Serves: 8

- 3 tablespoons reduced fat mayonnaise with olive oil
- 1 tablespoon lime juice
- 1½ teaspoons lime zest
- ¼ teaspoon salt
- 1 package DOLE® Chopped Sesame Asian Salad Kit
- 1 tablespoon olive oil
- 1 pound large shrimp, peeled and deveined
- 8 small whole grain finger rolls

1. Whisk together mayonnaise, lime juice, lime zest and salt. Add salad greens, toss to combine until coated, set aside.

2. Heat olive oil over medium heat and sauté shrimp for 6 minutes or until pink and opaque. Add Sesame Ginger Vinaigrette from the salad kit to the pan, stirring to coat shrimp.

3. Slice top of the rolls almost but not all the way through. Open rolls slightly and spoon some slaw on bottom of each roll. Top with shrimp and then additional slaw. Garnish with roasted sliced almonds and garlic wontons from the salad kit.

Approximate nutritional values per serving: 250 Calories, 100 Calories from Fat, 11g Fat (17%) (1.5g Saturated/8%, 0g Trans), 75mg Cholesterol (25%), 810mg Sodium (34%), 26g Carbohydrates (9%), 3g Fiber (12%), 6g Sugars, 13g Protein, Vitamin A 35%, Vitamin C 25%, Calcium 8%, Iron 8%, Vitamin K 70%, Thiamin 10%, Folate 10%, Vitamin B12 10%, Phosphorus 15%, Selenium 25%

Tip: Make the slaw and cook the shrimp ahead of time and assemble just before serving.

Lunchbox Makeover



Make it fun for all the children in your life (and grownups too!) to eat more servings of nutritious fruits and vegetables at lunchtime with our inventive lunchbox makeover recipes.

Swimmin' with the Tuna Fishes!

Prep: 15 minutes • Serves: 4

- 8 thin whole wheat bread slices
- 2 cans (6 ounces) albacore tuna, drained
- ¼ cup light mayonnaise
- 1 tablespoon lemon zest
- 1 tablespoon chopped fresh chives
- ½ bag (3 cups) DOLE® Butter Bliss Lettuce
- Salt and pepper to taste
- Red pepper or thinly sliced DOLE® Carrots for decoration, optional

1. Cut 4 bread slices into heart shapes with 2½-inch cookie cutters. Cut ½ inch off the tip of hearts; set aside. Cut ½-inch rounds from remaining bread slices with cookie cutter. Set bread shapes aside.

2. Stir together tuna, mayonnaise, lemon zest and chives. Spread a thin layer of tuna salad on top of all bread shapes. Top 2 hearts and 2 circles with lettuce blend. Top with matching shapes, lightly pressing to secure. Use the circle sandwiches for the “body” and the heart sandwiches for the “tail.”

3. Decorate with red pepper or carrot circles for eyes, bubbles and mouth, if desired.

Approximate nutritional values per serving: 270 Calories, 60 Calories from Fat, 7g Fat (11%) (0.5g Saturated/2%, 0g Trans), 25mg Cholesterol (8%), 360mg Sodium (15%), 25g Carbohydrates (8%), 5g Fiber (20%), 3g Sugars, 26g Protein, Vitamin A 30%, Vitamin C 6%, Calcium 6%, Iron 10%

Tip: These make a perfect party food for kids. Double the recipe and arrange the eight sandwiches on a platter like a school of fish! Kids will love them.



Lunchbox Sushi

Prep: 20 minutes • Serves: 2

- 4 slices whole wheat bread, crusts removed
- $\frac{2}{3}$ cup hummus
- $\frac{1}{4}$ cup crumbled feta
- $\frac{1}{8}$ cup chopped walnuts
- 1 small cucumber, julienned
- 1 DOLE® Carrot, julienned
- 1 red pepper, julienned
- $\frac{1}{2}$ bag (3 cups) DOLE® Field Greens, divided
- $\frac{1}{8}$ cup toasted sesame seeds, optional

1. Roll bread flat with rolling pin, then spread with hummus. Sprinkle each slice evenly with feta, walnuts, cucumber, carrot, red pepper and 1 cup greens.
2. Roll each slice of bread until edges meet. Roll in toasted sesame seeds, cut into 3 pieces and serve immediately or pack in airtight container along with Lunchbox Salad.

Lunchbox Salad: Combine remaining greens with $\frac{1}{4}$ cup chopped cauliflower, 2 tablespoons shelled edamame, 6 cucumber slices and 6 mandarin orange segments. Divide between 2 containers.

Approximate nutritional values per serving: 430 Calories, 170 Calories from Fat, 19g Fat (29%) (4.5g Saturated/22%, 0g Trans), 15mg Cholesterol (5%), 760mg Sodium (32%), 49g Carbohydrates (16%), 14g Fiber (56%), 11g Sugars, 19g Protein, Vitamin A 240%, Vitamin C 130%, Calcium 20%, Iron 25%

Tip: You can also replace the hummus with tuna salad.



PB&J Smoothie Remix

Prep: 20 minutes • Serves: 4

- 1 cup DOLE® Strawberries
- 1 medium ripe DOLE® Banana
- $\frac{1}{2}$ cup nonfat Greek yogurt
- 2 tablespoons maple syrup
- $1\frac{1}{2}$ tablespoons creamy peanut butter
- $\frac{1}{8}$ teaspoon kosher salt
- 1 cup ice
- 2 teaspoons coarsely chopped unsalted dry-roasted peanuts

1. Combine all ingredients except peanuts in blender. Cover; blend until smooth.

2. Top smoothies with chopped peanuts; serve.

Approximate nutritional values per serving: 130 Calories, 35 Calories from Fat, 4g Fat (5%) (1g Saturated/5%, 0g Trans), 0mg Cholesterol (0%), 100mg Sodium (4%), 273mg Potassium (6%), 19g Carbohydrates (7%), 2g Fiber (7%), 13g Sugars, 5g Protein, Vitamin A 0%, Vitamin C 0%, Calcium 4%, Iron 0%, Vitamin D 0%



Taco Fiesta!

Take taco night to the next level with new and improved creations. Whether you prefer chicken, shrimp, or something sweet, add your favorite fruit toppings, veggies, and blends to these creative tacos!

Southwest Grilled Shrimp Tacos

Prep: 10 minutes

Grill: 6 minutes • Serves: 6

- 2 tablespoons olive oil
Juice and zest of 1 lime
 - 1 teaspoon cumin
 - 1 pound large shrimp, peeled and deveined
Salt and ground black pepper
 - 1 package DOLE® Southwest Salad Kit
 - 6 (8-inch) flour tortillas, heated according to package directions
1. Combine olive oil, lime juice, zest and cumin in a small bowl. Thread shrimp onto skewers, season with salt and pepper. Brush shrimp with lime mixture.

2. Grill until shrimp are cooked through, about 3 minutes per side, brushing occasionally with lime mixture. Roughly chop shrimp.
3. Combine taco ranch dressing, sour cream and shredded cheese included in the kit. Spread mixture over each tortilla; top with shrimp, salad greens and chips.
4. Serve with favorite toppings, such as diced tomatoes, salsa, sliced olives and/or guacamole.

Approximate nutritional values per serving: 330 Calories, 130 Calories from Fat, 15g Fat (23%) (3g Saturated/15%, 0g Trans), 100mg Cholesterol (33%), 970mg Sodium (40%), 33g Carbohydrates (11%), 3g Fiber (12%), 4g Sugars, 16g Protein, Vitamin A 25%, Vitamin C 25%, Calcium 15%, Iron 10%



Fresh Fruit Tacos

Prep: 30 minutes

Bake: 10 minutes • Serves: 4

- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 4 (6-inch) flour tortillas
- 2 tablespoons water
- 1 package (4 serving size) instant sugar-free vanilla or chocolate pudding mix
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 1 DOLE® Banana, peeled and sliced
- 1 DOLE® Mango, peeled and chopped
- 1 DOLE® Kiwi, peeled and sliced
- ½ cup DOLE® Strawberries or Raspberries

1. Combine sugar and cinnamon. Brush tortillas lightly with water. Sprinkle sugar mixture over both sides of tortillas.
2. Spray large custard cups with nonstick cooking spray. Gently press tortillas into cups. Bake at 400°F 10 minutes or until lightly browned; cool.
3. Prepare pudding according to package directions. Stir lemon zest and vanilla into pudding.
4. Combine banana, mango, kiwi and strawberries in small bowl.
5. Arrange tortilla shells on dessert plates. Spoon about ½ cup pudding into each shell. Spoon fruit over pudding in shells.

Approximate nutritional values per serving: 240 Calories, 25 Calories from Fat, 3g Fat (5%) (0.5g Saturated, 0g Trans), 0mg Cholesterol (0%), 510mg Sodium (21%), 400mg Potassium (11%), 52g Carbohydrates (17%), 4g Fiber (16%), 25g Sugars, 4g Protein, Vitamin A 20%, Vitamin C 110%, Calcium 6%, Iron 8%, Vitamin K 20%, Folate 20%, Manganese 25%



Ultimate Chicken Tacos

Prep: 15 minutes • Serves: 5

- 1 package DOLE® Ultimate Caesar Kit
- 2 cups shredded cooked chicken
- ½ teaspoon taco seasoning
- 1 ripe avocado, peeled and chopped
- 1 tablespoon fresh lemon juice
- 1 cup fresh salsa
- 2 tablespoons chopped fresh cilantro
- 10 taco shells

1. Coarsely chop salad greens and place in large bowl. Add remaining kit ingredients; toss to evenly coat. Mix chicken and taco seasoning in small bowl.
2. Toss avocado with lemon juice in bowl. Mix salsa and cilantro in separate bowl.
3. Evenly divide salad into taco shells. Top with chicken, salsa and avocado.

Approximate nutritional values per serving: 300 Calories, 140 Calories from Fat, 15g Fat (23%) (3.5g Saturated/18%, 0g Trans), 55mg Cholesterol (18%), 690mg Sodium (29%), 18g Carbohydrates (6%), 5g Fiber (5%), 3g Sugars, 22g Protein, Vitamin A 70%, Vitamin C 10%, Calcium 10%, Iron 10%

Easy Weeknight Dinners



Spend less time in the kitchen by adding these simple meals to your dinner lineup. Whether you're craving a vibrant chicken salad or an herbaceous take on fresh fish and veggies, these meals are easy to make and even easier to devour!



Chipotle Chicken Fajita Salad

Prep: 15 minutes plus marinating

Cook: 5 minutes • Serves: 4

- 1 pound boneless, skinless chicken breasts, sliced diagonally into ½-inch-thick strips
- 1 tablespoon chopped chipotle chili pepper in adobo sauce
- ½ teaspoon salt
- ⅓ teaspoon ground black pepper
- ⅓ teaspoon ground cumin
- 2 teaspoons olive oil
- 2 medium red and/or green bell peppers, sliced
- 1 medium DOLE® Red Onion, sliced
- 1 cup chopped DOLE® Tropical Gold® Pineapple
- 1 package (12.9 ounces) DOLE® Chipotle & Cheddar Chopped Kit
- 1 can (15.5 ounces) no salt added black beans, drained and rinsed
- ¼ cup fresh cilantro leaves

1. Toss chicken, chili pepper, salt, black pepper and cumin in a large bowl; cover and refrigerate 30 minutes or up to 8 hours.
2. Heat oil in a large skillet over high heat; add bell peppers, onion and chicken. Cook 5 minutes or until internal temperature of chicken reaches 165°F, stirring frequently. Remove from heat; stir in pineapple. Makes about 5 cups.
3. Prepare salad kit as package directs in a medium bowl; fold in beans. Makes about 5 cups. Serve chicken mixture over salad garnished with cilantro.

Approximate nutritional values per serving (2½ cups): 372 Calories, 123 Calories from Fat, 14g Fat (18%) (2g Saturated/12%, 0g Trans, 1g Polyunsaturated, 2g Monounsaturated), 59mg Cholesterol (20%), 642mg Sodium (28%), 591mg Potassium (13%), 37g Carbohydrates (13%), 9g Fiber (31%), 11g Sugars, 28g Protein (57%), Vitamin A 80%, Vitamin C 190%, Calcium 10%, Iron 20%, Vitamin E 10%, Thiamin 15%, Vitamin B6 35%, Phosphorus 20%, Magnesium 20%, Manganese 25%

One-Skillet Mushroom, Spinach & Kale Gnocchi

Prep: 10 minutes

Cook: 15 minutes • Serves: 4

- 2 tablespoons olive oil
- 1 cup DOLE® Onion, chopped
- 2 garlic cloves, finely chopped
- 1 cup DOLE® Button or Brown Mushrooms, thinly sliced
- 1 cup DOLE® Baby Spinach
- 1 cup DOLE® Power Up Greens™ Baby Kale & Greens
- 1 cup low sodium vegetable broth
- 1 package (12 ounces) refrigerated gnocchi
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- ½ teaspoon ground black pepper
- ½ cup grated Parmesan cheese

1. Heat oil over medium-high heat in skillet; stir in onion and garlic. Cook for 1 minute; stir in mushrooms and cook for 5 minutes or until vegetables are tender.
2. Stir in spinach, kale, broth and gnocchi; heat to boiling and continue cooking until spinach and kale have wilted. Remove from heat; stir in lemon juice, parsley and black pepper. Sprinkle with Parmesan cheese and serve.

Approximate nutritional values per serving: 310 Calories, 100 Calories from Fat, 11g Fat (17%) (3g Saturated/15%, 0g Trans, 1g Polyunsaturated, 6g Monounsaturated), 15mg Cholesterol (5%), 610mg Sodium (25%), 44g Carbohydrates (15%), 3g Fiber (12%), 8g Sugars, 10g Protein, Vitamin A 20%, Vitamin C 20%, Calcium 15%, Iron 10%, Vitamin K 80%, Phosphorus 10%, Selenium 10%, Manganese 15%



Garlic-Ginger Fish with Fresh Vegetables

Prep: 10 minutes

Bake: 20 minutes • Serves: 4

- 2 cups DOLE® Broccoli, cut into florets
- 2 cups DOLE® Cauliflower, cut into florets
- 3 tablespoons olive oil, divided
- 4 (6 ounces each) cod fillets
- Salt and ground black pepper
- 6 garlic cloves, finely chopped
- Fresh ginger (½-inch), finely chopped
- 1¼ cups low sodium fish broth or vegetable broth
- 3 cups DOLE® Baby Spinach
- ¼ cup sun-dried tomatoes, drained and coarsely chopped
- 1 tablespoon chopped fresh parsley
- 1 cup cooked farro (or whole grain brown rice)
- 3 tablespoons fresh lemon juice

1. Preheat oven to 400°F.

2. Stir together broccoli, cauliflower and 2 tablespoons oil until coated. Place on baking sheet. Bake 20 minutes or until golden brown.

3. Season cod with salt and pepper. Heat remaining 1 tablespoon oil in skillet over medium-high heat. Sear cod 4 minutes; turn and cook 2 to 3 minutes. Remove from pan and keep warm.

4. Add garlic, ginger and broth to skillet; heat to boiling. Reduce heat; stir in spinach, tomatoes, parsley and farro. Cook 1 minute or until heated through; stir in broccoli and cauliflower. Spoon onto serving platter; top with cod and sprinkle lemon juice over cod.

Approximate nutritional values per serving: 350 Calories, 110 Calories from Fat, 12g Fat (18%) (2g Saturated/10%, 0g Trans, 1.5g Polyunsaturated, 8g Monounsaturated), 75mg Cholesterol (25%), 190mg Sodium (8%), 1190mg Potassium (34%), 24g Carbohydrates (8%), 5g Fiber (20%), 4g Sugars, 35g Protein, Vitamin A 70%, Vitamin C 130%, Calcium 10%, Iron 15%, Vitamin D 15%, Vitamin E 15%, Vitamin K 170%, Thiamin 15%, Riboflavin 15%, Niacin 25%, Vitamin B6 40%, Folate 30%, Vitamin B12 25%, Pantothenic Acid 10%, Phosphorus 45%, Magnesium 30%, Zinc 10%, Selenium 90%, Manganese 50%

Fresh Celebrations



Make the memorable winter season even brighter with a worldly one-pot meal and a creative veggie wreath appetizer. End the meal on a sweet note with fruit “cake” that gets a creamy layer from an inventive ingredient.

Slow Cooker Sweet Potato, Plantain & Lentil Caribbean Curry

Prep: 20 minutes

Slow Cook: 4 hours • Serves: 6

- 1 tablespoon plus 2 teaspoons grapeseed oil
- 1 large DOLE® White Onion, chopped
- 4 cloves garlic, minced
- 2 teaspoons curry powder
- ½ teaspoon cayenne pepper
- ½ teaspoon grated fresh ginger
- 1 can (15 ounces) reduced sodium chickpeas, drained and rinsed
- 2 large DOLE® Sweet Potatoes, chopped (about 4 cups)
- 2 medium DOLE® Plantains, chopped (about 3 cups)
- 4 cups low sodium vegetable broth
- ½ cup red lentils
- 3 cups packed chopped collard greens
- ¼ cup roasted salted pepitas

1. Heat 2 teaspoons oil in a large skillet over medium-high heat; add onion and cook 3 minutes or until softened, stirring occasionally. Add garlic, curry powder, cayenne pepper and ginger; cook 2 minutes or until fragrant and starting to brown, stirring occasionally. Transfer onion mixture to 3- to 4-quart slow cooker; add chickpeas, potatoes, plantains, broth and lentils. Cover and cook on high 4 hours or low 8 hours or until potatoes and lentils are tender.

2. Stir in collard greens; cook 20 minutes or until greens are tender. Serve garnished with pepitas. Makes about 10 cups.

Approximate nutritional values per serving (1½ cups): 416 Calories, 78 Calories from Fat, 9g Fat (11%) (1g Saturated/6%, 0g Trans, 5g Polyunsaturated, 2g Monounsaturated), 0mg Cholesterol (0%), 402mg Sodium (17%), 987mg Potassium (21%), 77g Carbohydrates (28%), 12g Fiber (40%), 23g Sugars, 13g Protein, Vitamin A 150%, Vitamin C 40%, Calcium 10%, Iron 25%, Vitamin E 20%, Thiamin 20%, Vitamin B6 50%, Phosphorus 15%, Magnesium 20%, Manganese 70%

Pull Apart Crudité Wreath

Prep: 30 minutes

Cook: 15 minutes • Makes: 14 Crisps

- ½ baguette (9 ounces), cut into ½-inch slices
- 2 tablespoons extra virgin olive oil, divided
- 2 cups packed DOLE® Baby Spinach
- 3 DOLE® Green Onions, sliced
- 1 large garlic clove, minced
- 1 teaspoon Herbs de Provence
- ¼ teaspoon salt
- ½ cup cooked edamame
- 2 tablespoons water
- 1½ teaspoons lemon juice
- ½ cup very small DOLE® Broccoli Florets
- ¼ cup sliced DOLE® Premium Celery Hearts
- ¼ teaspoon lemon zest
- ½ red pepper for garnish
- ⅓ cup small cherry tomatoes, quartered for garnish
- Celery leaves for garnish

1. Preheat oven to 425°F. Spray bread slices with olive oil cooking spray; arrange on baking sheet. Bake 5 to 6 minutes, turning once or until lightly toasted.

2. Heat ½ tablespoon olive oil in 10-inch skillet over medium heat. Cook baby spinach, green onions, garlic, Herbs de Provence and salt for 3 to 4 minutes or until spinach has wilted, stirring frequently.

3. Place spinach mixture with edamame, water, lemon juice and 1 tablespoon olive oil in blender or food processor. Cover and blend until smooth; set aside.

4. Heat remaining ½ tablespoon oil over medium heat and cook broccoli florets, celery hearts and pinch of salt for 1 minute, stirring constantly. Stir in lemon zest and set aside.

5. Assemble wreath: Press out stars and Christmas ornaments from red pepper using small round and star-shape cookie cutters or cut out with a paring knife. Spread toasted bread slices with spinach-edamame hummus. Garnish tops with broccoli florets, sliced celery hearts, cherry tomato, red pepper stars and ornaments. Arrange toasts in a circle, with the rounded edge of toasts facing out, on a serving plate. Garnish the top of the wreath with celery leaves.

Approximate nutritional values per serving: 80 Calories, 25 Calories from Fat, 3g Fat (5%) (0g Saturated/0%, 0g Trans, 1.5g Monounsaturated), 0mg Cholesterol (0%), 140mg Sodium (6%), 95mg Potassium (3%), 10g Carbohydrates (3%), 1g Fiber (4%), 2g Sugars, 3g Protein, Vitamin A 15%, Vitamin C 15%, Calcium 4%, Iron 6%, Vitamin K 35%, Manganese 15%





Fruit Layer "Cake" with Orange-Vanilla Aquafaba Whip

Prep: 30 minutes • Serves: 4

- ⅓ cup chickpea liquid (from 15.5 ounce can low sodium chickpeas)
 - 2 tablespoons powdered sugar
 - ¼ teaspoon cream of tartar
 - ⅓ teaspoon orange extract
 - ⅓ teaspoon vanilla extract
 - ⅔ medium DOLE® Tropical Gold® Pineapple, skin and core removed, cut into 8 (½-inch-thick) slices
 - 2 cups sliced kiwis
 - 1 cup thinly sliced DOLE® Strawberries
- Toasted coconut chips and fresh mint sprigs for garnish (optional)

1. In medium bowl, with mixer on high speed, beat chickpea liquid, sugar, cream of tartar, orange extract and vanilla extract 15 minutes or until stiff peaks form. Makes about 3 cups.

2. Place 4 pineapple slices 2 inches apart on a serving platter; layer with half the aquafaba whip, kiwis and strawberries. Repeat layers; garnish cakes with toasted coconut chips and fresh mint sprigs, if desired. Serve immediately.

Approximate nutritional values per serving (1 "cake"): 126 Calories, 7 Calories from Fat, 1g Fat (0%) (0g Saturated/0%, 0g Trans, 0g Polyunsaturated, 0g Monounsaturated), 0mg Cholesterol (0%), 4mg Sodium (0%), 460mg Potassium (10%), 31g Carbohydrates (11%), 5g Fiber (16%), 22g Sugars, 2g Protein, Vitamin A 0%, Vitamin C 160%, Calcium 4%, Iron 4%, Vitamin E 10%, Thiamin 8%, Vitamin B6 10%, Phosphorus 4%, Magnesium 8%, Manganese 40%



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